

# BIG STICK

## P.T.

...GET SOME

- 1.) Gunner's Mate 3rd Class Gregory Schneider uses a cable-pull machine to build muscle in his arms.
- 2.) Aviation Boatswain's Mate (Equipment) Airman Recruit Tabitha Honnold signs the the "Big Stick" gym log.
- 3.) Seaman Sean Williams uses the stationary squat rack to work out his legs.
- 4.) Machinist's Mate Fireman Josh Lawrence uses the Nautilus Nitro Compound Row machine during his physical training routine.



Photo by MC3 Derek Allen



Photo by MCSA Andrew Skipworth



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